



The quick and
easy guide to
healthy meals for
the busy lifestyle.





Welcome,

I'm a health & mindset coach, personal trainer and lover of adventures, fitness and food!

No matter how much you may want to make healthy choices, it can often feel like there simply is no time. When running out the door, it's much easier to grab a pre-packaged granola bar than to whip up a healthy and delicious omelette. And when faced with the decision to work an extra hour or two, or head out to exercise, it can be tough to convince yourself to get up and break up that productivity stride.

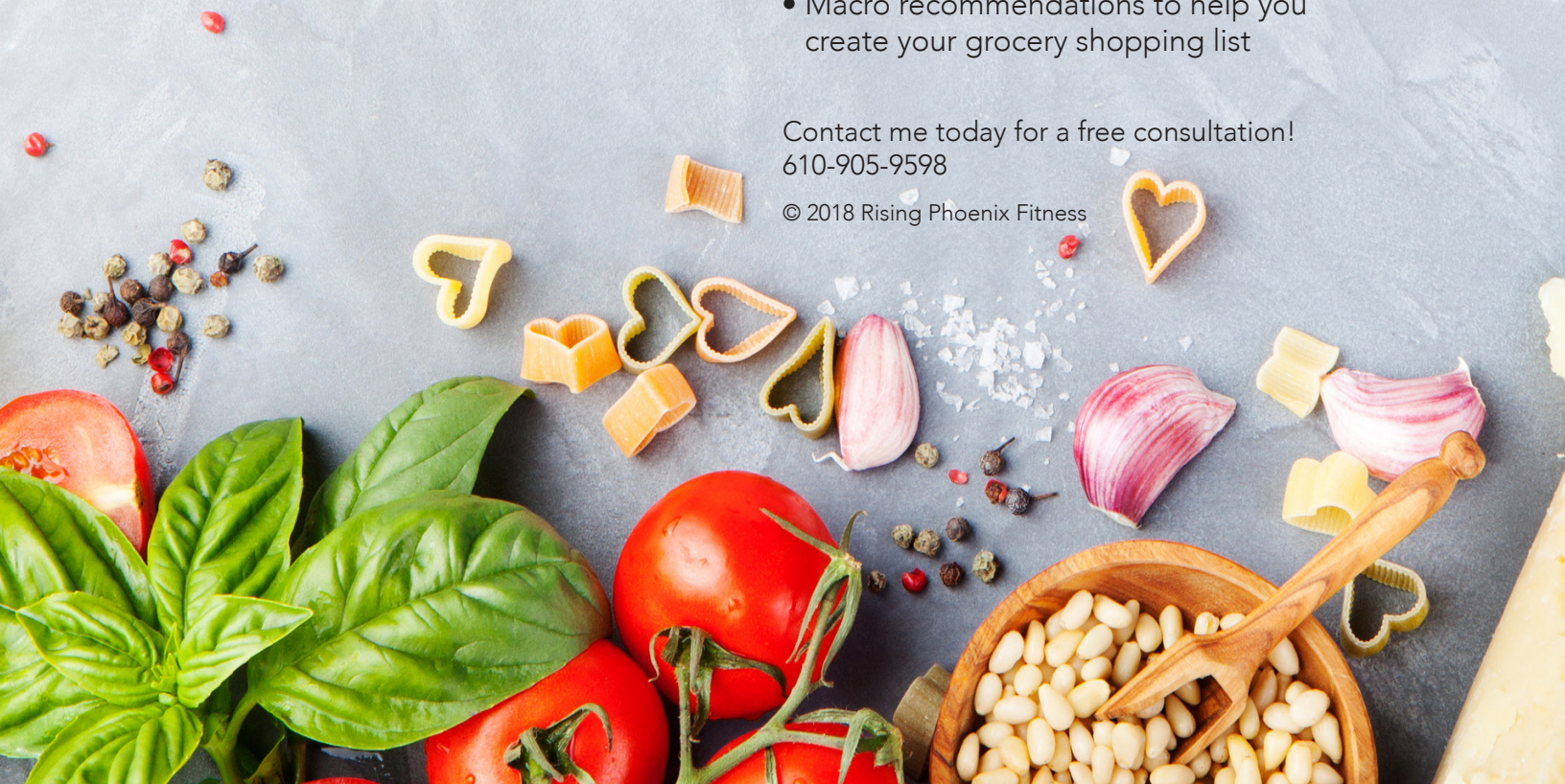
But, what if I told you that it's actually possible to be both the busiest and the healthiest version of yourself? It may take a little planning and careful organization, but the impact that these small changes will have on your mind and body are well worth it!

In this ebook, you will find:

- Simple, fast healthy & tasty recipes
- Nutrition dos and don'ts
- Macro recommendations to help you create your grocery shopping list

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610-905-9598

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Breakfast

Busy morning? Try these easy, 15 minute recipes to fill you up and get you out the door quickly.

Avocado Toast With Sunny Side Egg



Ingredients

- 1 slice Ezekiel toast
- 1 large egg
- 1/2 avocado
- Himalayan salt
- 1 tbsp coconut oil
- Pepper
- Chives - optional

Instructions

Heat a small skillet & add coconut oil
Once the oil is hot, fry the egg until desired consistency
Toast Ezekiel bread, spread mashed avocado, and top with the egg
OR
place the sunny side egg on toast and top with avocado slices.
Sprinkle with salt, pepper and chives

Nut Butter Toast With Banana Slices



Ingredients

- 1 slice Ezekiel toast
- 1/2 banana, sliced
- 2 tbsp almond or cashew butter
- Hemp, chia or flaxseed - optional

Instructions

Spread the nut butter onto the toasted bread, add sliced bananas
Optional: Sprinkle with seeds of your choice!

Breakfast (continued)

Smoothie Bowl



Vanilla Maple Almond

- 1/2 cup rolled oats
- 1 frozen banana
- 1 tsp flaxseeds
- 1 tbsp almond butter
- 2 scoops vanilla - grade 7- protein powder
- 1 tbsp pure maple syrup
- 1 tsp vanilla extract
- 3/4 cup almond milk
- 1 cup ice

Blend the ingredients to create a smooth and creamy consistency. If the smoothie is too thick, add more milk or a splash of water. Pour the mixture into a bowl. Here are a few ideas for toppings:

- Sunflower seeds
- Granola
- Almonds, pecans or walnuts
- Shredded coconut
- Fresh berries
- Hemp seeds

Easy morning and have a few more minutes? Try these delicious recipes to kick start your day.

Protein pancakes



Ingredients

- 4 large eggs
- 2 bananas
- 3/4 cup old fashioned oats
- 1/4 cup vanilla protein powder - I use Isalean Pro
- 1 tsp vanilla extract
- 1 tsp ground cinnamon

Instructions

Preheat griddle to medium heat and add a tbsp of coconut oil or pasture butter to melt.

Add the eggs, bananas, and oats to blender. Blend on low for 15-30 seconds until all ingredients are blended.

Add the protein powder, the vanilla extract and cinnamon and blend again on low for additional 30-45 seconds until smooth.

Drop by 1/4 cup full onto the pre-heated griddle and cook until bubbles begin to form and edges are just setting. Flip and cook through, about 2 minutes.

Serve immediately topped with fresh strawberries and a little maple syrup, if desired.

Leftover pancakes can be kept in plastic storage bags in the freezer until ready to use, then just pop in toaster to reheat.

Breakfast (continued)

Parfait



Ingredients

1 cup Greek yogurt, plain or vanilla
1/2 cup granola
1 cup of your favorite fruit
Top with maple syrup, honey, or a little stevia for a sweet treat.

Instructions

In a large glass or Mason jar, layer the yogurt, granola and fruit.

Switch It Up

Create a different parfait every day by switching your granola and/or toppings. Think fresh fruit, nut butters and healthy fats like chia seeds, flaxseeds, and pumpkin seeds.

Triple Berry Blast Smoothie



Ingredients

1/2 cup rolled oats
1/3 cup raspberries
1/3 cup blueberries
1/3 cup blackberries
1 scoop vanilla protein powder
1/2 tsp ground cinnamon
1/2 cup water
Ice

Instructions

Blend & enjoy!

Lunch

No time for lunch? Here's a few quick recipes to get you through your busy afternoon.

Strawberry Sunrise Smoothie



Ingredients

- 8 oz water or milk
- 2 scoops strawberry cream Isalean shake or grade 7 whey/dairy free protein
- 1/2 medium banana
- 1/2 cup frozen berries
- Ice

Instructions

Blend & enjoy!

Creamy Chicken Salad Wrap



Ingredients

- 1 sprouted whole-grain tortilla
- 1 tbsp of Dijon mustard
- 2 large lettuce leaves
- 1/2 cup creamy chicken salad (refer to creamy chicken salad recipe below)

Instructions

- Spread the mustard onto the tortilla
- Spread the creamy chicken salad on the tortilla, top with lettuce
- Roll the tortilla and form a wrap

Lunch (continued)

Have a bit more time to sit and enjoy lunch? Here's a few tasty recipes you will enjoy.

Creamy Chicken Salad



Ingredients

- 3 small chicken breasts, grilled
- 1 Granny smith apple
- 2 green onions, sliced
- 2 tbsp fresh, finely chopped tarragon
- 1/4 cup slivered almonds
- 1/4 cup honey mustard dressing
- 6 cups shredded romaine or endive lettuce

Instructions

Combine the chicken, apples, slivered almonds, green onions, tarragon and honey mustard salad dressing in a large bowl. Mix well and refrigerate.

Creamy honey mustard salad dressing

Ingredients

- 1/2 cup plain Greek yogurt
- 3 tbsp Dijon mustard
- 3 tbsp raw honey
- 3 tbsp rice vinegar
- 1/4 cup EVOO
- Himalayan salt - to taste

Instructions

Combine the yogurt, mustard, honey and vinegar in a medium bowl, mix well

Slowly add the olive oil, until blended
Add salt if desired

Panini BLT



Ingredients

- 2 slices Ezekiel bread
- 2 tbsp pasture butter
- 1-2 slices of organic ham, organic cheese, and pepperoni or salami
- 1 tsp ground mustard
- 2 lettuce leaves - romaine, kale, arugula -
- 2 slices tomato
- 1 slice cooked bacon
- Optional: EVOO & rice vinegar

Instructions

Butter the outside of the toast slices

Heat a skillet, add the toast slices, and dress them with the deli meat and cheese

Top with ground mustard

Once the cheese is melted, transfer the toast onto a plate

Add lettuce, tomato, avocado and bacon

Optional: EVOO & rice vinegar

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Crock Pot Turkey Chili



Ingredients

- 1 tsp olive oil
- 1 1/2 lbs ground turkey meat
- 1 medium white onion, chopped
- 1 green bell pepper, chopped
- 3 cloves garlic, finely chopped
- 1 1/2 tsp ground cumin
- 1 tbsp chili powder
- 1/2 tsp sea salt
- 1/4 tsp cayenne pepper - optional
- 1 - 15 oz can kidney beans, rinsed
- 1 - 15 oz can tomato sauce, no sugar added
- 2 tbsp chopped parsley

Instructions

- Heat oil in large saucepan
- Add turkey, onion, bell pepper and garlic
- Cook for 10 min until turkey is no longer pink
- Add cumin, chili powder, salt and pepper
- Stir and cook for 1 min
- Stir in kidney beans and tomato sauce
- Transfer to crock pot and cook on low
- Serve warm and sprinkle with parsley

Grilled Chicken Skewers



Ingredients

- 1 lbs of raw chicken breast cut into small chunks
- Teryaki sauce, no sugar added
- Pineapple chunks
- 1 bell pepper, chopped into chunks
- 1 red onion, chopped into chunks

Instructions

- Place the chicken in a container, add teryaki sauce and marinate for 30 min
- Preheat grill on medium heat
- Place the chicken, pineapple chunks, bell pepper and onion onto a skewer.
- Grill the skewers on covered grill for 5 minutes or until the chicken is no longer pink
- Enjoy!

Dinner

Chicken Parm



Ingredients

1-2 chicken breasts
1 large egg
Breadcrumbs
Himalayan salt & pepper
3 tbsp tomato sauce
2 tbsp shredded mozzarella
2 tbsp shredded parmesan
2 cups mixed steamed vegetables

Instructions

Preheat oven to 350 degrees
Dip the chicken breasts in egg mixture
Coat with breadcrumbs
Add salt and pepper if desired
Sear the chicken in a heated EVOO skillet until lightly brown
Place the chicken in a baking dish
Top with tomato sauce and cheese
Cover with foil and bake for 15-20 minutes or until cheese is bubbly and chicken is cooked through
Serve with steamed vegetables

Taco Lettuce Cups



Ingredients

4-6 Bibb lettuce leaves
1 tsp EVOO
1 medium onion, finely chopped
2 cloves of garlic
1 lbs ground turkey meat
1 tbsp taco seasoning
1/4 cup black beans
1/4 cup corn kernels
1/4 cup taco salsa
1/4 cup shredded Mexican cheese

Instructions

Place the lettuce leaves on a large serving plate
Sear the ground turkey meat in EVOO until cooked through
Add garlic, taco seasoning, black beans and corn kernels
Mix until blended
Scoop taco meat into each lettuce leaf, top with salsa and shredded cheese.
Enjoy!

Snacks

Lettuce, Meat & Avocado Roll-Ups



Ingredients

4 leaves Bibb lettuce
4 slices organic ham, turkey or roast beef
4 slices organic Muenster or Swiss cheese
4 slices avocado
A handful of walnuts or almonds

Instructions

Roll the lettuce, deli meat, cheese, and avocado
Enjoy with walnuts or almonds

Protein Bites



Ingredients

1 cup natural almond or peanut butter
1 scoop grade 7 whey or dairy free protein
1 medium ripe banana
3/4 cup rolled oats
2 tbsp chia seeds

Instructions

Combine all ingredients into a bowl
Shape into small balls
Refrigerate for an hour before consuming

Snacks

Healthy Trail Mix



Ingredients

- 2 cups pumpkin seeds
- 1 cup almonds
- 1 cup dried cranberries
- 1 cup golden raisins
- 1 cup chopped dried apricots
- 1 cup sesame seeds
- 1 cup sunflower seeds
- 1 cup unsweetened coconut flakes

Instructions

- Combine all ingredients in a large bowl
- Place 1/2 cup mixture in 12 resealable bags for snacking

Time Management & Budget Saving Tips

- Make a list BEFORE you go to the grocery store and stick to it!
- Eat at home, reduce take-out, Starbucks, Dunkin Donuts, eating out!
- Get a slow cooker
- Invest in yourself - focus on sleep, buying and prepping your food and healthy on the go options

Nutrition Tips

- Avoid dairy, if you must, choose FULL FAT and ORGANIC
- Pick one to two cheat meals a week, indulge and enjoy
- Replace sodas and juices with seltzer and essential oil/ fresh fruit infused water
- Focus on wholesome fresh fruits and vegetables, natural fats & lean protein
- Make a big batch of brown rice or quinoa
- Grill meat/fish and vegetables that you can reheat in a pinch
- Replace white bread and flours with sprouted grains
- Focus on foods that feed the brain and guts: fermented foods, healthy fats
- The care and attention you give to yourself will pay off and you will feel more energized both physically and mentally, enabling you to accomplish more.

HEALTHY FATS - healthy fats keep your heart healthy & your brain sharp

- Fatty fish - salmon, tuna, trout, sardines
- Avocado
- Eggs
- Nuts & seeds - walnuts, almonds, cashews, sesame, pumpkin, chia, flax, hemp, nut butters
- Extra virgin olive oil
- Coconut oil
- Grass fed butter
- Dark chocolate

AVOID - low fat/light/hydrogenated oils/Crisco/Pam/vegetable oils/margarine

HEALTHY CARBS

- Quinoa
- Pure whole oats
- Fresh vegetables
- Fresh fruits
- Sweet potatoes
- Butternut squash
- Whole grains

AVOID: refined, processed carbs/boxed items (90% have added sugar and are processed), corn, high fructose corn syrup, artificial & refined sugars (cakes, cookies, desserts, juice, soda, cereals)

HEALTHY PROTEIN

- Wild-caught fish
- Hormone and antibiotic free range poultry
- Grass-fed meats
- Free range eggs
- Nuts & seeds
- Pea protein
- Grade 7 whey protein

AVOID: Tilapia, soy, dairy - if you must, choose FULL FAT and ORGANIC



Flo Zurkinden
flo@flozurkinden.com